

THE PERFECT DUCK BREAST

The duck I served at Creation Wines, done in a pan: salted overnight, marinated in tamari, orange and oregano, roasted from a cold pan and glazed.

Live Sunday 27 September · 9:00 PM Cape Town · 3:00 PM New York · 12:00 PM Los Angeles

PLAN AHEAD Salt the breasts the day before. Marinate 4 hours, then 1 hour uncovered in the fridge before you cook.

SHOPPING LIST

BUTCHER

- ☐ 4 large duck breasts

PRODUCE

- ☐ 100 g fresh orange juice, strained
- ☐ 8 g orange zest, no pith
- ☐ 30 g fresh lemon juice
- ☐ 8 g fresh oregano, bruised
- ☐ 15 g garlic, crushed

PANTRY

- ☐ 20 g salt
- ☐ 120 g tamari
- ☐ 40 g honey, for the marinade
- ☐ 20 g honey, for the glaze
- ☐ 20 g olive oil
- ☐ 4 g cracked black pepper

HAVE THIS READY

EQUIPMENT

- ☐ Two heavy pans, wide enough that the breasts are not touching
- ☐ A thin, sharp knife for scoring
- ☐ A shallow tray for the marinade
- ☐ A small pot for the glaze
- ☐ A probe thermometer
- ☐ A jar for the rendered fat

THREE WAYS TO BE THERE

Cook with me live in the class, camera on or off, with a free account: jointhecookingclub.com/watch/sunday-live-2026-09-27

Watch on YouTube: youtube.com/@whereischefjason

Watch on Instagram: [@whereischefjason](https://www.instagram.com/whereischefjason)

HOW IT GOES

- 01 Score the fat in a crosshatch, do not cut the meat. Salt, and rest uncovered in the fridge overnight.

- 02 Whisk the tamari, orange juice, lemon juice and the first honey until the honey dissolves. Add the zest, oregano, garlic, pepper and oil. Do not blend it: the marinade stays clear and the oregano stays whole.

- 03 Marinate the scored, salted breasts flesh side down in a shallow tray, 4 hours and no more than 12. Keep the skin above the liquid so it stays dry.

- 04 Lift the breasts out, wipe the flesh and pat the skin bone dry. Rest uncovered in the fridge 1 hour.

- 05 Strain the marinade into a small pot and add the second honey. Boil, then simmer it to half, about 175 g, until it coats a spoon. That is the glaze, and boiling is what makes the used marinade safe.

- 06 Into a cold dry pan, fat side down, then low heat. Render 12 to 15 minutes, pouring off the fat as it goes. Two pans, two breasts each.

- 07 Flip, 2 minutes. Brush the glaze on the flesh side only in the last minute, and pull at 52C. Never glaze the skin before it is crisp.

- 08 Rest 10 minutes. Brush once more, slice, and salt the cut face. Keep the rendered fat.
